

DIZZINESS QUESTIONNAIRE

Please answer these brief questions about your dizziness. Circle your answers.

Do you have hearing loss (now or in the past)? Yes No

Do you have TRUE VERTIGO (false sense of motion, floating, bobbing, swaying, rocking, tilting or spinning)? Yes No

If **yes**, how long does your vertigo last?

1. SHORT EPISODES: less than 5 minutes
2. MODERATE EPISODES: 5 minutes to 24 hours
3. LONG EPISODES: 1 day to 1 week
4. PERSISTENT: longer than 1 week

If **no**, do you have any of the following symptoms?

- A. DYSEQUILIBRIUM (imbalance)
Off-balance, tipsy, wobbly, feeling you might fall
- B. NEAR FAINTING
Feeling you might faint, black out, or lose consciousness
- C. SPACEY
Disconnected or distanced from world around you, panicky, tingling about mouth or hands

How long do these symptoms last?

1. SHORT EPISODES: less than 5 minutes
2. MODERATE EPISODES: 5 minutes to 24 hours
3. LONG EPISODES: 1 day to 1 week
4. PERSISTENT: longer than 1 week